

# U Matter We Care



The underlying philosophy of the U Matter, We Care initiative is that UF community members care about each other and proactively reach out to help when needed. U Matter, We Care extends UF's caring culture by educating our community about signs and symptoms of distress, and providing those in distress the appropriate resources.

## What to do:

Reach out to those in distress.  
Help them know how to access resources.

## Who can help:

**Counseling and Wellness Center**

(352) 392-1575 ~ [counseling.ufl.edu/cwc](http://counseling.ufl.edu/cwc)

**Dean of Students Office**

(352) 392-1261 ~ [dso.ufl.edu](http://dso.ufl.edu)

**Housing and Residence Education**

(352) 392-2161 ~ [housing.ufl.edu](http://housing.ufl.edu)

**International Center**

(352) 392-5323 ~ [ufic.ufl.edu](http://ufic.ufl.edu)

**University Police Department**

(352) 392-1111 ~ [police.ufl.edu](http://police.ufl.edu)

## Where to learn more:

352-294-CARE (2273)

[umatter.ufl.edu](http://umatter.ufl.edu)

[umatter@ufl.edu](mailto:umatter@ufl.edu)

## Why should we care?

It could be your friend, colleague, roommate, classmate, teammate, or loved one who needs support.

## Make a difference. Be part of the solution.

Over 70,000  
Gators and not

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UF UNIVERSITY of  
FLORIDA

to spare